inhibitor can be effective to reduce activity of PKCδI and is not effective to reduce the activity of PKCα, PKCβ, PKCγ, PKCε, PKCθ, PKCI, PKCζ PKCδII, PKCδVIII or any combination thereof. In some aspects, PKCδI inhibitor can simultaneously bind the DMQD amino acid sequence within the V3 hinge region of PKCδI and the active site on the C2 domain of PKCδI. The PKCδI disorder can be diabetes, a cancer, an inflammatory, disease obesity, insulin resistance, metabolic syndrome hepatosteatosis, a cardiovascular disease, a neurodegenerative disease or a symptom thereof. The effective amount of the PKCδI inhibitor can range from about 0.001 micrograms to about 1 g.

[0006] In some aspects, provided herein are methods of reducing adipocyte apoptosis in a subject in need thereof that can include the step of administering a pharmaceutical formulation comprising an effective amount of PKCδI inhibitor to the subject in need thereof, wherein the PKCδI inhibitor is a compound having a Formula as in any one of Formulas 1 and 3-7

Formula 1

Formula 3

Formula 4

-continued

Formula 5

Formula 6

Formula 7
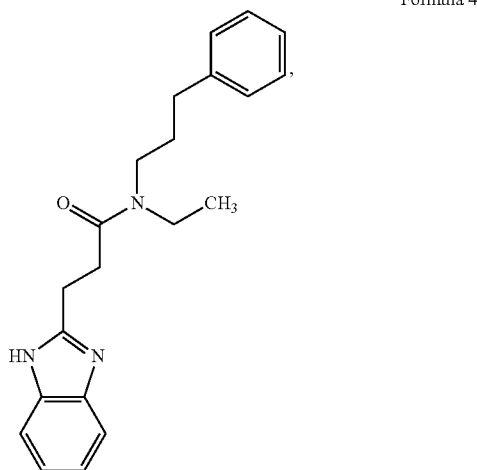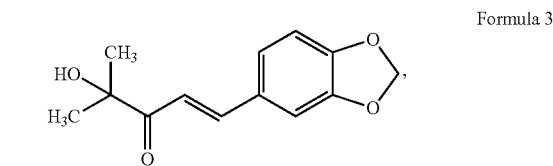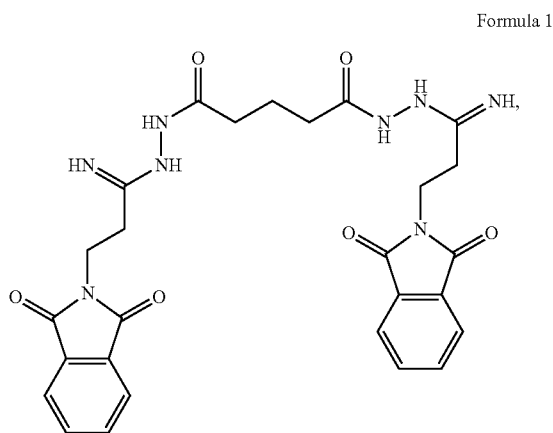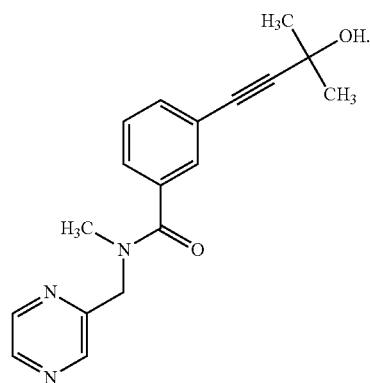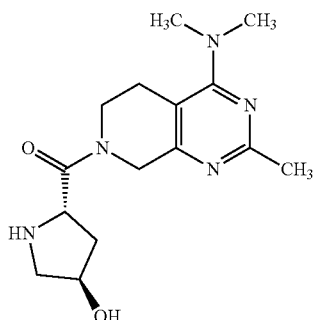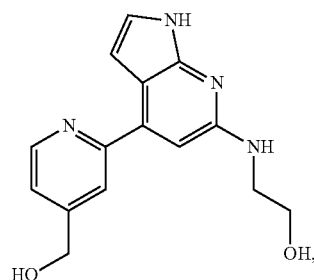
[0007] The PKCδI inhibitor can be effective to reduce PKCδI activity in the subject in need thereof. The PKCδI inhibitor can be effective to reduce PKCδI activity in an adipocyte in the subject in need thereof. The PKCδI inhibitor is a compound according to Formula 1. The PKCδI inhibitor can be effective to reduce the activity of PKCδI and is not effective to reduce the activity of PKCα, PKCβ, PKCγ, PKCε, PKCθ, PKCI, PKCζ PKCδII, PKCδVIII or any combination thereof. The PKCδI inhibitor can simultaneously bind the DMQD amino acid sequence within the V3 hinge region of PKCδI and the active site on the C2 domain of PKCδI. The subject in need thereof can have diabetes, a cancer, an inflammatory, disease obesity, insulin resistance, metabolic syndrome hepatosteatosis, a cardiovascular disease, a neurodegenerative disease or a symptom thereof.

[0008] Also provided herein are pharmaceutical formulations that can have an amount of a PKCδI inhibitor, wherein the amount can be an effective amount that can reduce PKCδI activity in a subject, and wherein the PKCδI inhibitor can be a compound having a Formula as in any one of Formulas 1 and 3-7